



Summer Hockey Camps

Extreme Hockey

Instructed by Nikos Tselios or Jeff Hmura depending on age level

Available for Mite, Squirt, PeeWee, Bantam & Midgets

June 1st - August 3rd

10 Week Session Schedule: Cost is \$225 for 20 skates

Mites	Mon and Wed	6:40 - 8:00 pm
Squirts	Tues and Thurs	6:40 - 8:00 pm
PeeWees	Tues and Thurs	8:10 - 9:30 pm
Bantams	Mon and Wed	6:40 - 8:00 pm
Midgets	Wed	8:10 - 9:30 pm

Mites, Squirts, PeeWees and Bantams have the option to participate in the full camp or choose Monday OR Wednesday

\$150 one night/week

Skill Development in skating, stick handling, passing, shooting and scoring. Game Situations focus: Drills to reinforce skills learned and how to apply them in a game. Create time and space with the puck, puck protection, how to create more scoring opportunities, decision making, proper angles and ice awareness. Games: Each session will conclude with a game to incorporate all skills.

Ultimate Defenseman Camp

Instructed by Nikos Tselios

Available for Squirt, PeeWee, Bantam & Midgets

June 15th - June 19th

Cost is \$175

Squirt/PeeWee	12:30 - 1:45 pm
Bantam/Midget	2:00 - 3:15 pm

1 on 1, 2 on 1, 2 on 2, 3 on 2 Situations, Gap Control, Positioning, Read and React to Different Situations, Proper Stick and Body Position, Skating Specific Drills for Defensemen, Shooting Technique, Bungee Cord Training, Breakout and Pinching Options and much much more!

Hot Shot Hockey

Instructed by Jeff Hmura

Available for Mite, Squirt, PeeWee & Bantams

Fridays, June 19th - August 7th

Mite/Squirt	6:00 - 7:00 pm
PeeWee/Bantam	7:10 - 8:10 pm

Depending on the amount of Skaters, times may be combined. Always check the website for the most up to date times. 9 Skates and 5 Skates options available. **9 skates \$135, 5 skates \$100**

3 Day Ultimate Power Skating

Instructed by Nikos Tselios

Cost is \$75

Available for Mite, Squirt, PeeWee & Bantams

June 29th - July 1st

Mite/Squirt	9:00 - 10:00 am
PeeWee/Bantam	10:10 - 11:10 am

Forward Stride, Backward Stride, Transitions, Edge Work, Stops and Starts, Speed and Agility Drills with Puck.

3 Day Ultimate Shooting and Scoring

Instructed by Nikos Tselios

Cost is \$75

Available for Mite, Squirt, PeeWee & Bantams

July 6th - July 8th

Mite/Squirt	9:00 - 10:00 am
PeeWee/Bantam	10:10 - 11:10 am

Learn Proper Techniques for Wrist, Backhand, Snap and Slap Shots, Quicker Release, Shooting in Motion, Goal Scoring, Deflections and Redirection, Dekeing and Proper Shooting Areas.

3 Day Ultimate Stick Handling and Passing

Instructed by Nikos Tselios

Cost is \$75

Available for Mite, Squirt, PeeWee & Bantams

July 13th - July 15th

Mite/Squirt	9:00 - 10:00 am
PeeWee/Bantam	10:10 - 11:10 am

Proper Hand Positioning, Hand Quickness, Carrying Puck with, Speed, Heads Up Puck Control, Passing Techniques, Receiving Techniques, Indirect Passes, One Touch Passing

5 Day Ultimate Full Day Camp

Instructed by Nikos Tselios

Cost is \$350

Available for Mite, Squirt, PeeWee & Bantams

August 10th - August 14th 9:00 am - 4:10 pm

Camp dedicated to players looking to take their game to the next level both On and Off Ice Conditioning and Skill Work, Covering Individual Skill, Techniques and Game Concepts:

3 Hours On Ice Per Day

2 Hours Off Ice Conditioning or Recreational Activity

Ultimate Midget and High School

Conditioning Camp

Instructed by Nikos Tselios

Cost is \$299

August 10th - 13th & August 17th - 20th 6:00 - 7:00 pm

8 Day Camp Dedicated to Getting Midget and High School Players Ready for Upcoming Fall Season Hockey. 1 Hour On Ice Conditioning and Drills, 1 Hour Dry Land Training, Skills Training and Skilled Scrimmages, Forward and Defensive Specific Drills, Small Area Games

Chicago Hawks Hockey Club

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